



Exactly what is a serving?

Click the link below to find out more!

http://www.eatright.org/Public/NutritionInformation/index_16264.cfm

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at **<http://airforcemedicine.afms.mil/shapeyourfuture>**.

Shape Your Future... Your Weigh!™